

THE TEXAS DEPARTMENT OF HEALTH  
AND THE TEXAS COUNCIL ON ALZHEIMER'S DISEASE AND RELATED DISORDERS  
PRESENT:



# Alzheimer's Care:

**MAKING A DIFFERENCE IN EVERYDAY LIFE**

June 6–7, 2002

DoubleTree Hotel · Austin, Texas

### *Purpose:*

This biennial statewide conference will offer the most current information on the diagnosis and treatment of Alzheimer's disease, and demonstrate innovations in care to improve the quality of life for individuals with Alzheimer's disease and related disorders and their caregivers.

### *Conference Objectives:*

- ◆ To discuss scientific advances in diagnosing Alzheimer's disease.
- ◆ To provide the latest research and treatment options, including complementary therapies, for Alzheimer's disease.
- ◆ To provide options and resources available to caregivers.

### *Topics:*

- ◆ Advances in Genetic Research
- ◆ Advances in Diagnosis and Treatment
- ◆ Findings from the Nun Study
- ◆ Assessment and Treatment of Behavioral Disturbances
- ◆ Successful Activity Planning
- ◆ Healthy Caregiving
- ◆ Addressing the Special Healthcare Needs of People with Alzheimer's Disease
- ◆ Accessing Respite Care Options

### *Who Should Attend:*

Physicians; nurses; nursing home, assisted living and adult day care administrators; social workers; case managers; activity directors; professional counselors; ombudsmen; legislators; home health aides; state/county/city employees working with programs for older individuals; gerontology, medical, nursing, and social work students; and family caregivers.

### *Educational Format:*

Lectures, discussion, questions and answers, interactive breakout sessions, case studies, and exhibits demonstrating care options. Continuing education for multiple disciplines will be available.

PROGRAM SCHEDULE:

Thursday, June 6, 2002

*Registration &  
Educational Exhibits*

7:30 A.M. - 5:30 P.M.

*Opening Plenary Session*

8:30 A.M. - 12:15 P.M.

**Advances in the Diagnosis  
of Alzheimer's Disease**

**Ronald C. Petersen, MD, PhD**

Professor and Director, Alzheimer's Disease Center  
Mayo Clinic  
Rochester, Minnesota

Dr. Petersen will compare and contrast Mild Cognitive Impairment and early stage Alzheimer's disease, and describe current assessment tools used to establish a differential diagnosis of dementia. He will also discuss scientific advances in diagnosing Alzheimer's disease early in the illness and the significance this diagnostic capability carries for the treatment and eventual prevention of memory disorders.

**Advances in  
Alzheimer's Disease Research**

*Analysis of the Human Genome:  
Implications for Understanding Alzheimer's Disease*

**Roger N. Rosenberg, MD**

Director, Alzheimer's Disease Center  
University of Texas Southwestern Medical Center  
Dallas, Texas

Dr. Rosenberg will discuss new information about the sequence and analysis of the human genome and new insights into how genes can interact to cause Alzheimer's disease. He will also discuss new therapies for Alzheimer's disease, including stem cell and somatic cell genomics.

**Advances in the  
Treatment of Alzheimer's Disease**

**Rachelle Smith Doody, MD, PhD**

Director, Alzheimer's Disease Center  
Baylor College of Medicine  
Houston, Texas

Advances in the understanding of the pathogenesis of Alzheimer's disease have led to new treatment strategies. Dr. Doody will discuss the concepts of symptomatic and disease-modifying treatments, and describe some of the strategies for future treatments designed to impact the neuropathologic changes in Alzheimer's disease.

*Luncheon*

12:30 P.M. - 1:45 P.M.

**Aging With Grace:  
Findings from the Nun Study**

**Sharon K. Ostwald, PhD, RN, GNP**

Director, Center on Aging  
University of Texas Health Science Center at Houston  
Houston, Texas

Dr. Sharon Ostwald, a co-investigator with Dr. David Snowdon on the 5-year pilot study for the widely acclaimed Nun Study, will share findings of the longitudinal study and its implications for understanding Alzheimer's disease, and leading longer, healthier and more meaningful lives.

*Concurrent Sessions*

2:00 P.M. - 3:15 P.M.

**A) Successful Activities to Enhance  
Quality of Life**

**Johnnie B. Elliott, LSW, LNFA**

Administrator  
Rising Star Nursing Center  
Rising Star, Texas

**Mary Compton, MS**

President  
Seasons Seminars, Inc.  
Plano, Texas

Whether at home, in a community-based setting or in a long-term care facility, a primary concern for caregivers is to engage individuals with Alzheimer's disease in meaningful, pleasurable and appropriate activities. Successful activities can provide stimulation, reduce restlessness, raise self-esteem, provide opportunities for socialization, and enhance quality of life. Ms. Elliott and Ms. Compton will demonstrate creative activities through the stages of Alzheimer's disease.

## **B) Maintaining Selfhood and Dignity with Alzheimer's Disease**

**Kim Nemec, MA, LPC**  
Director of Programming  
Uncommon Care  
Barton House  
Austin, Texas

**Sharon Mobley**  
Operations Manager  
Barton House  
Austin, Texas

Much has been written about the concept of death with dignity with the emphasis on planning ahead to ensure one's wishes are met. This session focuses on maintaining life with dignity in the face of a debilitating disease. As Alzheimer's disease progresses, the concept of self becomes clouded and the objective-subjective distinction of quality of life obscured. The individual's assurance that dignified care will be provided is paramount to maintaining selfhood and well-being. A safe, structured and nurturing environment with opportunities to engage in meaningful activities that build on residual strengths are but some of the ways to help one maintain a strong sense of self-worth. Join Ms. Nemec and Ms. Mobley as they discuss strategies for maintaining quality of life in individuals with Alzheimer's disease.

## **C) How Does Your Garden Grow**

**Audrey Chadwick, RN, MS, CNS**  
Horticultural Therapist  
Houston, Texas

For centuries in this country, gardening and planting activities have been integrated with conventional treatments to enhance wellness and quality of life. Today, indoor and outdoor horticulture programs are common in nursing homes and other care facilities and have application for home-based activity as well. Horticultural therapy offers a non-invasive, holistic approach, designed to positively impact mood, behavior and social functioning. A trained horticulturist works with individuals to assist them in enhancing self-awareness, improving coordination, and seeing the fruits of their labor. Join horticultural therapist Audrey Chadwick and watch your garden grow.

## **D) Innovations in the Assessment and Treatment of Behavioral Disturbances**

**Mark E. Kunik, MD, MPH**  
Physician Investigator  
Houston Center for Quality of Care and Utilization Studies  
Houston Veterans Affairs Medical Center  
Associate Professor of Psychiatry and Behavioral Sciences  
Baylor College of Medicine  
Houston, Texas

Behavioral disturbances may be caused by a number of different medical conditions and drug interactions, as well as changes in the individual's environment or routine. Correctly identifying what has triggered the agitated behavior will help define the appropriate pharmacologic or non-pharmacologic intervention. Dr. Kunik will discuss primary causes of behavioral disturbances and when and how to intervene to reduce the frequency and severity of the behavior.

*Concurrent Sessions A-D repeated*

**3:45 P.M. - 5:00 P.M.**

PROGRAM SCHEDULE:

Friday, June 7, 2002

*Registration and Educational Exhibits*

8:00 A.M. - 2:30 P.M.

*Plenary Session*

9:00 A.M. - 10:30 A.M.

**Addressing the Special Healthcare Needs  
of People with Alzheimer's Disease**

**Ronald Devere, MD, FAAN**

Medical Director, Alzheimer's Disease Memory Disorders  
Center, Sugar Land, Texas, and  
Seton Lakeway Center, Austin, Texas

Assessment and diagnosis become a particular art form when people are not able to clearly describe their pain or specific problem. Through case studies, Dr. Devere will identify the special healthcare needs of individuals through the stages of Alzheimer's disease, with special emphasis on Mild Cognitive Impairment and very early Alzheimer's disease. He will discuss appropriate communication techniques and methods to properly evaluate and address these needs.

*Plenary Session with Discussion Groups*

10:45 A.M. - 12:00 P.M.

**Accessing Respite Care Options:  
An Interactive Session**

**Gary Jessee, MS**

Director, Office of Area Agency on  
Aging Support and Operations  
Texas Department on Aging  
Austin, Texas

**Valerie Bridgeman Davis, MDiv.**

Vice President of Programs  
Alzheimer's Association - Greater Austin Chapter  
Austin, Texas

**Kim Nemec, MA, LPC**

Director of Programming  
Uncommon Care/Barton House  
Austin, Texas

Respite care addresses one of the most pressing needs identified by families...temporary relief for the caregiver and the recipient of care. This session will begin with an overview of the full range of formal and informal respite care options available to Texas caregivers, including their comparative benefits and the barriers to accessing respite care. Participants will then select one of three discussion groups focusing on: innovations in respite care; adjusting to respite care; and building respite options in your community.

*Networking Luncheon*

12:00 P.M. - 1:00 P.M.

*Plenary Session*

1:15 P.M. - 2:30 P.M.

**Healthy Caregiving**

**Paul K. Chafetz, PhD**

Clinical Geropsychologist  
Adjunct Associate Professor, Department of  
Rehabilitation Counseling Psychology  
University of Texas Southwestern Medical Center  
Dallas, Texas

Caring for someone with Alzheimer's disease is a challenging experience that places enormous demands on one's time, energy, relationships, work and finances. It can also be an extremely rewarding and affirming experience. Dr. Chafetz will identify creative strategies for setting boundaries in one's daily caregiving role, as well as methods for expanding the caregiver circle to optimize care and prevent burnout.

## Continuing Education:

The Texas Department of Health is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education to physicians. The Texas Department of Health designates this educational activity for a maximum of 4 hours in Category 1 credit towards the AMA Physician's Recognition Award. CME credit is applicable to sessions on June 6 only. Each physician should claim only those hours of credit that he/she actually spent in the education activity.

The Texas Department of Health Public Health Nursing Continuing Education Service is accredited as a provider of continuing education in nursing by the American Nursing Credentialing Center's Commission on Accreditation. Approval is pending.

This program will also be submitted for continuing education credits for social workers, nursing home administrators, and licensed professional counselors. Certificates of course completion will be mailed after the conference to participants in the above mentioned disciplines, as well as activity directors and assisted living administrators.

## Accommodations:

### DoubleTree Hotel

6505 North Interstate Highway 35  
Austin, Texas 78752



The DoubleTree Hotel is accessible for individuals with special needs. The room rates are \$80 for single occupancy and \$120 for double occupancy, and are subject to state and local occupancy taxes. Exemption certification may be presented upon check-in. Rooms should be reserved by May 15, 2002. Registrations received after this date will be taken on a space-available basis at the prevailing room rate.

To make your reservations, please call the hotel directly at (800) 347-0330 or (512) 454-3737. Please reference the Texas Department of Health Alzheimer's Disease Conference to receive the special room rates.

## Directions to Hotel:

### From Austin-Bergstrom International Airport:

Exit the airport and turn left (West) onto Highway 71. Take Highway 71 to Highway 183 North. Take Highway 183 North to Highway 290 West. Take the IH-35 North exit. Turn right onto the IH-35 frontage road. The DoubleTree Hotel is the 3rd building on the right, after Pappadeaux's Seafood Kitchen.

**From Dallas:** Take IH-35 South to the Houston/290 exit (number 238A). Take the turn around and get on the opposite side of the freeway. The DoubleTree Hotel is the 3rd building on the right, after Pappadeaux's Seafood Kitchen.

**From San Antonio:** Take IH-35 North to the Koenig 2222 exit (Number 238A). Go through stop light. The DoubleTree Hotel is on the right, after Pappadeaux's Seafood Kitchen.

**From Houston on 290:** Take Highway 290 West into Austin. Take the IH-35 exit. Turn right onto the north bound IH-35 frontage road. The DoubleTree Hotel is the 3rd building on the right, after Pappadeaux's Seafood Kitchen.

**From Houston on Highway 71:** Take Highway 71 West into Austin. Take Highway 183 North to Highway 290 West. Take a left (West) on Highway 290. Take the IH-35 North exit. Turn right onto the IH-35 frontage road. The DoubleTree Hotel is the 3rd building on the right, after Pappadeaux's Seafood Kitchen.



# Registration

4G345/018

## ALZHEIMER'S CARE: MAKING A DIFFERENCE IN EVERYDAY LIFE JUNE 6 AND 7, 2002

NAME

ORGANIZATION

ADDRESS

CITY/STATE/ZIP

DAYTIME PHONE

FAX

EMAIL

☐ Check here if you have a disability and may require reasonable accommodation.

☐ Check here if you have any special dietary need(s).

☐ Vegetarian    ☐ Lowfat    ☐ Food allergy to \_\_\_\_\_

☐ Other, please call (800) 242-3399 or (512) 458-7534

**Registration Fees:** include admission, conference materials, lunch, refreshments during breaks, parking and continuing education credits where applicable. Please check dates you will attend.

☐ June 6 **ONLY**    ☐ June 7 **ONLY**    ☐ **BOTH** June 6 and June 7

Please check appropriate category and number of days you will attend:

☐ Physicians, nurses, nursing home and assisted living administrators, social workers, case managers, counselors, activity directors:

How many days will you attend? *(check one)*

☐ 1 Day – **\$75**    ☐ 2 Days – **\$100**

☐ Family caregivers, ombudsmen, home health aides, state/city/county employees, students:

How many days will you attend? *(check one)*

☐ 1 Day – **\$35**    ☐ 2 Days – **\$50**

**Method of Payment:** *(we do not take credit cards at this time)*

☐ Check    ☐ Money Order    ☐ Inter/Intra-Agency Payment

*(VIN 35015015015000, RTI 372214, Invoice Number: use registrant's social security number)*

**Please make check or money order payable to the Texas Department of Health** and send with this form by May 23, 2002 to: Alzheimer's Conference, Texas Department of Health, Attn: Adult Health Programs, 1100 West 49th Street, Austin, Texas 78756-3199. No refunds after May 30, 2002.

If you wish to receive continuing education credit, please check all disciplines that apply:

☐ Physician    ☐ Counselor    ☐ Activity Director    ☐ Nurse    ☐ Nursing Home Administrator

☐ Social Worker    ☐ Assisted Living Administrator

**Please feel free to duplicate this registration form for others who might like to attend. Thank you.**



Texas Department of Health  
Adult Health Program  
1100 West 49th Street  
Austin, Texas 78756-3199

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**Alzheimer's Care:**  
Making a Difference in Everyday Life

**Register now for this  
state-of-the-art conference!**

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